

I C PUBLISHING

Presents



Hearts
Linked
by
Courage

*A collection of poignant
and insightful stories that
will live in your heart forever*

SHERI ANDRUNYK

Including stories from Barry Spilchuk & Charles Ciccirella



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Author Biography

Sheri Andrunyk



Sheri believes that we all possess the knowledge of what's best for our own life and business. She is the catalyst that can (*and does*) bring those insights to the forefront; especially empowering small business owners and entrepreneurs, with **unexpected vision, wisdom and support**.

Over the past 26 years, 11 of which she spent as a successful franchise owner in the beauty industry, Sheri has had extensive formal training and mentoring in business and direct sales, earning her numerous awards for personal achievement and staff development.

As a coach and Master NLP Practitioner, Sheri skilfully guides her clients through many steps of their career, helping to maintain the work/life balance that is best for them... *all the while inspiring confidence and providing direction to continually 'take those next steps' in living their ideal life!*

When assisting clients with marketing projects, Sheri has a unique sense of how best to communicate and express their message, as *if they created it themselves!* Her extraordinary and **obvious passion and expertise** in language, communication and relationships, makes her an invaluable source of support in one's personal or professional journey!

And then there's Master Mentors, under the umbrella of the Women For Women membership - a concept that Sheri started in 2006, **bringing like-minded business women together** in a brainstorming, think-tank environment! There are 11 Master Mentor Chapters covering North & South York Region, Halton & Peel Regions and the GTA... *and still growing!*

Last but not least, the annual **Women For Women 6 Figure Event**, which was birthed many years ago, came to fruition formally in 2008 with the first event in January 2009, and subsequent, even more successful events, in 2010 & 2011!

Sheri's vision for the 6 Figure Event is limitless! Her intention, as is with everything else she does, is to do 2 things:

- *Create an opportunity to celebrate and inspire success, in life and in business, **especially for women***
- *To give to those less fortunate, and create a platform to make it easier for others to give too*

One of the mottos she lives by everyday is **The Best Is Yet To Come...**

Sheri lives in the quaint town of Holland Landing, Ontario, with her husband, Wayne of 28 years, and their son, Matt.

In addition to individual & group coaching, Sheri is available for engaging keynotes, emceeing and corporate motivation & training.

Sheri Andrunyk

- Founder, Women For Women & Insightful Communications™ & I C Publishing™
- Women For Women Membership, Integrity News™ & Master Mentors™, Women For Women 6 Figure Event™, I C Publishing & Friends 'Story Behind the Story' Event™
- Master NLP Practitioner/Business & Life Coach, Writer, Gifted Speaker
- Co-creator of the Reinventing Yourself Workshops and Clarity Day Retreats for Women
- Author of *Hearts LINKED by Courage* & *My Grandmother's Laugh*, both books brimming with incredible insight, wisdom & encouragement for everyday life & work... & *Working From Home & Making It Work*, a must-have resource for all Entrepreneurs



Photo Gallery



Sheri Andrunyk, 2010



The 3rd Annual Women for Women 6 Figure Event January 28 to 30, 2011

Sheri and event attendee



Sheri engages the audience

Sheri introduces guest entertainer





Facts Sheet

Title:	Hearts Linked by Courage
Author:	Andrunyk, Sheri
Publisher:	I C Publishing 2011 905-853-1968 29 McKenzie Drive, Holland Landing, ON, L9N 1H2
ISBN:	978-0-9868582-0-8
Number of Pages:	91
Size of book:	8 x 5.5, Spine 5/16ths paperback, perfect binding
Bar Coded:	Yes
Price:	\$17.80 (includes tax) Quantity 1 \$31.45 (includes tax) Quantity 2



Chapter Excerpts

Snow Angel (page 30)

“The deeper the love we experience in life, the deeper the pain when that love is lost... or so it was with Cheryl. She carried on to the best of her ability, in spite of the mental illness that plagued her, and that many still today do not understand. It is not an open wound that is visible to the naked eye; it is hidden in the recesses of complex minds...”



Life on an Island (page 54)

“When I think back to my life on the island, I don’t remember being afraid - in fact I really don’t recall any feelings or emotions at all. Living in an isolated location with an abusive husband - survival was the underlying factor in my life at that time. One day in particular, exemplifies that state of being – the state of survival.”



Learning to Adapt (page 58)

“Neither of us had any personal experience with Down Syndrome. Kids in our generation who were born with it were sent away, and we never even got a chance to meet them. They were considered to be hopeless, and of course, growing up in institutions, they never learned much or achieved much, and often died young... But times had changed by 1985 when (our daughter) Katie was born...”



Sunflowers (page 40)

“It was too late for any kind of final good-byes between my sister, Vian and I, and I chose not to see her in her final state. A very difficult decision, but I wanted the memory of how we had last departed to be the one I would remember her by... We were only three years apart, but she was always my little sister to me. And after our mother died when I was 15 and she only 12, I became the little mother.”



I Didn't Realize (page 35)

“At 55, I find myself an orphan. I didn't expect to feel that way... I didn't realize I would miss the love they had for me, the soft spot they provided or the safety net that would be there if I needed it. I didn't realize I would miss the phone ringing and their voices on the other end, even the aggravations often felt. I didn't realize...”



Standing Tall (page 73)

“I felt like I was being punished; only I just didn't understand why. My heart raced and my chest hurt. I lay on the carpet, against the front of the couch in my living room, staring at the pilot light in the fireplace in front of me...”

I learned about a system we have in place that doesn't actually protect the victim, but protects the abuser...”



It Wasn't Supposed to Be Like This (page 6)

“...The resident that was left in charge ... said with grave concern that he didn't want this (me) on his hands, and that I would be better off in the city... The nurse that traveled with me by ambulance looked worried too.... Oddly, I asked (her) if I was going to live. She tried to gesture reassuringly, and then turned her head away (perhaps hoping that I wouldn't see her apprehension, and tears in her eyes)...”



Testimonials

“You are surely going to find yourself in this book. Sheri has mastered the ability to take real life experiences; the good, the bad and the ugly, and transform them for you in a deeply relevant way. You will be touched, you will be moved and you will most definitely be inspired. You will look back and see where you came from, yet you will also look forward to see what you can create and what is possible ... even when you have no clue how you will ever get there, and regardless of the challenge or the adversity. I had the pleasure of working very closely with Sheri when we created the Reinventing Yourself Workshop Series™ and I can tell you for a fact that THIS IS THE REAL DEAL. You will not be able to put it down because it’s about you, it’s about everybody you know and it’s about what bliss can come out of it! A must read from a great person and a master story teller! Your passion and your integrity for life will be fuelled again and again! You’ll love it!”

*Pierre Marchand, President, PJM Associates, Transforming Businesses
Creator of The Much Bigger Game Worldwide*



“Thank you Sheri, for sharing these wonderful stories with us... Hearts Linked by Courage does just that! It is an inspiring journey that links us all together profoundly; and perhaps, most importantly, it proves that when bad things happen to good people there can be positive outcomes. Your collection of stories encourages us, the readers, to trust and believe.”

Carole Matthews, Intuitive Medium, Radio Host, Columnist and Author



“Sheri Andrunyk knows that hope is the core of both the way we reach for our goals and the way we persist through the obstacles life sends us. This is more than a book of stories: it’s a handbook on nurturing hope within yourself and the people around you. Like any of the beautiful flowers that appear in so many of these stories, hope needs to be nurtured every day so that it can bloom when we need it. These stories nurture hope as they witness to the love, the persistence and the commitment to make a better life. When you are riding high, these stories will remind you to cherish every moment and when you run into a wall, these stories will point the way to picking yourself up and moving on.”

Linda Ferguson, PhD, Senior Partner, NLP Canada Training Inc.



F.A.Q.s

What inspired you to write this book?

These stories remind us that everyone experiences challenges and hardships, regardless of what their life might look like on the outside. I am especially touched by those that find a way to rise above their moments of darkness and make the world a better place because of their inspiring attitude and great courage.



Where did you find your story contributors?

Everyone has a story, in fact many, the longer we live. I've always been fascinated by the human spirit, and have crossed paths with some incredibly beautiful people in my journey, generously willing to share their stories with others – initiating a ripple of encouragement and healing for all. Thus, the birth of *Hearts Linked by Courage*...



What do you want others to gain from *Hearts Linked by Courage*?

Compassion... Healing... Encouragement... Hope... Possibility... Joy



What was your creative process for this project?

I started with my own stories, the ones I was ready to share. Then I invited others to contribute theirs. Once I had all the stories collected, I continued to journal my thoughts about what *Hearts Linked by Courage* was meant to look like and the ultimate purpose of it. Then I wrote the Preface and invited a few colleagues to review and offer a possible endorsement – I was profoundly moved and humbled by the support I received.



What's next for you as an author?

Working From Home & Making It Work™ is a workshop that I have designed and facilitated for quite some time. Putting it into a book format, in a conversational style, will provide more personalized support for those who need it – and in bite-size pieces to accommodate our busy lives. I'm also working on a perpetual month-at-a-glance daytimer to compliment; which will include more customizable space for monthly and quarterly goals, key reminders, motivation, affirmations and organization for both home and work. It will have insightful nuggets and very useful tools that will be of value to all.



What/how did I C Publishing come about?

It first came about because I decided to self-publish *Hearts Linked by Courage*. As a writer and editor, I was quite comfortable with the process, although there was a lot to learn and I had to do a bit of searching. After publishing *Hearts Linked by Courage*, a couple of the story contributors wanted to explore the possibility of writing their own book. As a Business Coach and writer myself, there was already so much of the process I could offer my assistance in, whether someone wanted to go the self-publishing route or be published.



What's next for I C Publishing?

In addition to the above, I'm thrilled to say that we're already working with our first author, whose book is scheduled to launch in September 2011. We have many other inspired colleagues committed to making their literary debut in the very near future – now that they know how possible it is with I C Publishing. We are quickly expanding our menu of services and repertoire, to meet budding and seasoned authors where they're at in their creative journey, as well as to remain competitive in the marketplace locally and beyond.



Contact Information

Publisher:

I C Publishing
York Region, ON, Canada
www.ICpublishing.ca
ICpublishing@primus.ca
905.853.1968

Author:

Sheri Andrunyk
York Region, ON, Canada
www.insightfulcommunications.ca
insightfulcommunications@gmail.com
905.853.1968